

## “Share a better beverage with...” How to participate in the Summer Challenge

### What is “Share a better beverage with...”?

I hope you're thirsty! As part of [ReThink Your Drink, Every Sip Counts!](#), “Share a better beverage with...” is a challenge that encourages individuals, families, and organizations to choose better beverages\* over sugary drinks.



**\*Better beverages include:** water, seltzer/sparkling water, naturally-flavored sparkling water, fruit-infused water (e.g., lemon cucumber water), plain low-fat or fat-free milk or milk alternatives, ½ cup of 100% juice, tea or coffee without sugar, or a homemade smoothie.

### To participate:

1. Make sure you've Liked our [Facebook page: ReThink Your Drink Minneapolis](#).
2. Take a picture (or selfie) of you sharing a better beverage of your choice with a friend(s), family, coworkers, etc.
3. Share and upload the picture to the (ReThink Your Drink Minneapolis) [Facebook page](#).
4. Write: “Sharing a (insert name of better beverage) with (who). I nominate (TAG names of person(s) you nominate) to share a better beverage! #betterbeverages #rethinkyourdrinkmpls #eversipcounts”

### Note:

- You can nominate as many people as you like.
- If nominated, you have 24 hours to share a better beverage and upload a picture!

Ready

Set

GO!